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SHOULD TWIN BOMBINGS IN RUSSIA SPARK SOCHI FEARS?

OLYMPIC COMMITTEE AND RUSSIAN OFFICIALS SAY GAMES WILL BE SAFE, DESPITE ATTACKS PAGE 6

Sorry, we're partying on New Year's too

A full year of reporting can really tucker you out, so we won't be publishing on New Year's Day. Have a great time and look for us on Thursday!

OK, let's see a good, hostile game out there

Without enough games between them, Leafs and Wings rivalry lacks historical punch ahead of New Year's Day's Winter Classic PAGE 17

The NSA can do what? You must be joking

Journalist and privacy advocate says U.S. agency can use energy waves to see what you're typing, among other spy techniques PAGE 5

NEWS WORTH SHARING.

Ontario offers cornucopia of grocery cards

Ice storm. Until Friday, families can grab $100 gift cards to restock after fridges lost power

Premier Kathleen Wynne says more than $200,000 for grocery-store gift cards has been raised through provincial and corporate donations to provide for those who can't afford to replace food they lost as a result of the ice storm.

"It will not meet the entire need, but we are going to do our very best to help people. I believe it is better to do something than to do nothing," said Wynne, who earlier handed out food hampers to residents in the east end who were without power for 157 hours.

"I believe it the least we can do and I am very, very grateful to all of the private-sector businesses that have stood up and to Loblaws for leading the way," she told reporters.

The premier explained that the Daily Bread Food Bank has offered to co-ordinate distribution in Toronto and that kind of system is expected to be expanded to other municipalities recovering from the ice storm.

Loblaws was first out of the chute with a donation of $25,000, followed by $25,000 each from Shopper's Drug Mart, Metro, Sobeys and another $5,000 from Coppas Fresh Market — all of which was matched by the province.

In Toronto, victims will also be able to pick up grocery-store gift cards at 15 Ontario Works offices beginning Tuesday and ending Friday. Office hours on Thursday will be extended until 7 p.m.

Families in need will be eligible to receive a $100 gift card. Individuals will receive $50.

Residents will be asked to provide confirmation of their address and state the number of people living there.

Wynne said victims consistently complained to her about the food that had been spoiled "and were concerned about some kind of compensation for those losses."

TORSTAR NEWS SERVICE

Recovery update

As of Monday evening, 400 customers were without power, down from more than 300,000 during the peak of last weekend's ice storm.

- For most without power, Toronto Hydro has said a damaged electrical stand pipe could be the culprit, which would requires an electrician's expertise.
- Toronto Hydro said residents may also need to reset the breaker, which could have seen a surge when hydro came back.

MORE COVERAGE, PAGE 3

Give what you can

"It will not meet the entire need, but ... I believe it is better to do something than to do nothing."

Premier Kathleen Wynne

WAVE GOODBYE TO 2013

There are only a few moments left before 2013 leaves the calendar and enters the history books. So before it goes, Metro takes a look at 28 people, places and events that made the year so memorable. Who could forget the singing spaceman? Or the disastrous Leafs vs. Bruins playoff game? Story, page 4.

Arrest. Man charged in Boxing Day homicide

Toronto police arrested a 61-year-old man Monday and charged him with murder regarding the Boxing Day killing of a woman found dead in her Scarborough apartment.

A post-mortem exam concluded the cause of death was "sharp-force injuries," police said.

To Nu Hua, 64, a retired driving instructor also known as "Sandy," was pronounced dead in her 17th-floor apartment last Thursday, after neighbours heard frantic screaming and cries for help shortly before midnight.

Patrick Wai Leung Lee, of Toronto, was charged with second-degree murder.

TORSTAR NEWS SERVICE

Kenyon. Addiction plagued homeless man, says sister

The sister of a homeless man who was found dead on Carlton Street last week says her brother was a selfless, talented man whose life was hijacked by addiction.

"He lived tragically and he died tragically," Susan Kenyon Lowe said of her brother, 51-year-old Richard Ian Kenyon.

Kenyon is believed to be the first victim of last week's ice storm. He was discovered near the Loblaws on Carlton near Church Street.

Lowe, who lives on Vancouver Island, said she is waiting for toxicology reports but suspects Kenyon was intoxicated and stopped to rest before falling asleep outdoors.

TORSTAR NEWS SERVICE

No solace for family of gunned-down teen

Crime. Jarvis Montaque among seven boys under 17 who were killed by gun violence this year

Innocent.

Wayne and Melda Montaque repeat the word as they describe their 15-year-old son, who was standing outside their Rexdale front door one moment and then lying bleeding in a nearby alley the next.

Jarvis Montaque was gunned down Feb. 17 by an unknown man in an unexplained attack. He was eating snacks with his friends outside, a rare moment for a boy who lived most of his time indoors studying, watching TV and hanging out with his sisters.

His killing has not been solved.

"Nobody knows how hard it is," said his father, who brought his family to Canada from Jamaica for a better life. "He always said, 'Daddy, smile.'"

Victims get younger

The average age of homicide shooting victims has sunk to 22 from 26 in 2012, according to statistics compiled by Torstar News Service from police data and news reports.

Jarvis is one of seven teens aged 16 and under who were shot dead in 2013 — the highest number of youth killed by guns in a single year in Toronto in more than two decades.

The total number of homicides this year was 57.

In February, Toronto police Supt. Ron Taverner reflected on the violence, noting that youth weren't just dying, they were also doing the killing. He called it "kids killing kids."

Compounding the problem is the lack of information flowing from communities like Montaque's about these homicides — even those with dozens of witnesses.

TORSTAR NEWS SERVICE

Wayne and Melda Montaque sit inside the Jamestown home they are desperate to leave after their son, Jarvis, 15, was shot and killed just outside the front steps in February. JENNIFER PAGLIARO/TORSTAR NEWS SERVICE

RIP

Peloso found dead after vanishing

Peloso
CONTRIBUTED

Christopher Peloso, husband of veteran politician George Smitherman and father of three, has been found dead, according to a statement by Smitherman on Twitter early Monday.

"We will celebrate his life and we will find comfort somehow in knowing that he has found peace from the depression that has wreaked havoc on his mind," the statement said.

"A son and brother, a husband and father of three, he will always be remembered for his dedication to others."

Police confirmed Peloso's death but did not provide further comment.

TORSTAR NEWS SERVICE

Alleged assault

Bieber's crew lands in trouble

Toronto police are looking into allegations that a member of Justin Bieber's entourage assaulted a limo driver who was driving the Canadian pop star and several others.

But a spokesman says it's unclear whether Bieber himself is accused in the attack or simply one of his companions.

Const. Victor Kwong says officers were called either late Sunday or early Monday to Dundas Street West and University Avenue, but little else is known.

THE CANADIAN PRESS

Light at the tunnel's end

Ice-storm recovery. Toronto Hydro says the last homes could be reconnected early Tuesday morning

Only the most difficult cases remain, according to Toronto Hydro.

With the majority of homes now reconnected to the electrical grid, crews began the meticulous work of "backyard construction" in areas where trucks and heavy equipment cannot fit. Ladders must be carried in manually; crews were climbing poles the old-fashioned way. Brush was being cleared by hand from hard-to-reach places.

An overnight crew spent six hours at a single home because of the difficulty, an exhausted Anthony Haines, Toronto Hydro's CEO, told a press conference Monday.

None of that applied to Danforth-area resident Sheri Hebdon, who had been without power since Dec. 24, when a Toronto Hydro crew disconnected a downed wire that dangled dangerously close to her house, pulled down by a city tree.

The branches remain strewn across the front lawn, though the hydro pole was accessible from the sidewalk. The rest of her street saw power return Dec. 23. Crews cut Hebdon's line a day later.

After a week without power, a neighbour alerted Hebdon around 5 p.m. that a hydro crew was in front of her house. When she drove over to the abandoned house, power was finally restored.

"It's on!" she texted. "Took 15 (minutes) to complete the work."

And while Toronto Mayor Rob Ford said "for sure" all residents would have their lights on by day's end Monday, Hebdon had only been told "maybe" by Toronto Hydro staff. The utility company said later in the day that Tuesday was more realistic.

Hebdon was frustrated it took so long even though there was nothing complicated about the reconnection, and Toronto Hydro was aware it had cut the line.

"I have the utmost respect for people who are working in cold, dangerous conditions, who skipped their Christmas holiday, who came in from far away to do the work. But the co-ordination at the administrative level is appalling," she said.

The mayor told reporters the city's response was "pretty close to perfect," but Toronto Hydro is being more modest.

"There are obviously going to be lessons learned. Things we can do better," Toronto Hydro spokeswoman Tania Bruckmueller said.

TORSTAR NEWS SERVICE

Toronto Hydro explains

Confused about your hydro bill?

Tanya Bruckmueller, spokesperson for Toronto Hydro, says confusion about charges shown on the time-of-use tracker in the days that followed the ice storm is due to a glitch that makes it wrongly appear as though customers are being charged during a blackout.

The hiccup occurs because the billing system doesn't effectively process days when no power is used. That results in a recalibration of sorts. When power comes back after an outage, it will take the usage from the day the power resumed and spread it out over the time period since the last reading — that is, before the blackout.

"It doesn't know when you used it, it just knows that you should have had a reading every day," Bruckmueller said. "Consumption will be correct; the days will be off and wonky."

Toronto Hydro crews worked to restore power to individual homes in the Upper Beach. In this photo, linesperson William Graham connects a home on Normandy Boulevard. KEITH BEATY/TORSTAR NEWS SERVICE

Get your party on. Ring in 2014 with skating, music

For those looking to be frugal and still get involved in New Year's festivities, here is a list of free events around the GTA.

• At Nathan Phillips Square, there will be skating, a curling demonstration, fireworks and musical performances from DJ Clymaxxx, as well as bands Fathead and God Made Me Funky, to ring in the new year. For those looking to avoid the large crowds, there will also be a skating party at the Natrel Rink outside of the Harbourfront Centre until 2 a.m.

• At the Scarborough Civic Centre, from 7 p.m. to midnight, there will be performances from Dan the Music Man, Sol de Cuba, Alysha Brilla, Jordan John, and Two for the Show. There are also screenings of Monsters University and Despicable Me 2.

• At Celebration Square in Mississauga, starting at 8 p.m., there are performances from DJ Dopey, PRTY H3RO, Mia Martina and Massari. Downtown Brampton will feature buskers, crafts, stilt walkers, and marshmallow roasting. Performances on the main stage (at Garden Square, in front of the Rose Theatre), which include The Carpet Frogs and The Trews, begin at 9:15 p.m.

• Richmond Hill and Oshawa both have family-friendly New Year's celebrations.

At the Legends Centre in Oshawa, there are free swims, skates, a jumping castle, hot chocolate and face-painting from 6 p.m. to 9 p.m. At the Richmond Green Sports Centre & Park, there will be wagon rides, crafts and face painting from 6 p.m. to 9 p.m.

TORSTAR NEWS SERVICE

On tap for Jan. 1

Following the big night, there will be a few levees on New Year's Day to ring in 2014, including:

- Mayor Rob Ford and city councillors will be hosting a levee in the rotunda at city hall from 2 p.m. to 4 p.m.
- At Queen's Park, Lt.-Gov. David Onley will celebrate the new year from noon to 2 p.m. in the Lieutenant-Governor's Suite.

Eminent Canucks

Coupland, founders of Blue Rodeo join Order of Canada

Singer-songwriters Jim Cuddy and Greg Keelor of Blue Rodeo, actors Colm Feore and Sarah Polley, author Douglas Coupland, journalists Steve Paikin and George Jonas, historian Michael Bliss and fashion TV host Jeanne Beker are among new appointments to the Order of Canada.

They will be celebrated as Officers of the Order in a ceremony later in 2014, along with more than 80 other new or promoted appointees, Gov. Gen. David Johnston announced Monday.

Former Conservative deputy prime minister Don Mazankowski and retired Supreme Court justice Marie Deschamps are among four eminent Canadians who are being promoted to be Companions of the Order of Canada, the highest honour.

THE CANADIAN PRESS

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Canada's top moments of 2013

As the clock winds down the final hours of 2013, it's a good time to reflect on what was a dramatic year from coast to coast. In no particular order, here are 28 people, places and things that defined our country this year — from pop culture and social media, to politics, hockey and, well, the weather, eh?

NEIL MORTON/FOR METRO

Toronto Mayor Rob Ford dances to a live reggae version of Merry Christmas performed by Jay Douglas during a break in a council meeting in Toronto on Dec. 17. The mayor stirred up controversy all year, and has shown no signs of slowing down into 2014. DAVID COOPER/TORSTAR NEWS SERVICE

1 #InADrunkenStupor. Toronto Mayor Rob Ford: "Yes I have smoked crack cocaine. Am I an addict? No. Have I tried it? Probably in one of my drunken stupors." And then the hashtag (and line) #InADrunkenStupor went viral — around the world.

2 Grey Cup in Regina. Amazing vibe, a win by the hometown Saskatchewan Roughriders in front of their boisterous fans — and heck, even Hollywood royalty showed up in the form of Tom Hanks, who was there in the crowd with his buddy Martin Short. Long live Canadian football.

3 Ron Burgundy. Will Ferrell serving as colour commentator at Canada's Olympic curling trials in Winnipeg was the funniest thing ever for TSN. Yep, the Tim Hortons Roar of the Rings was not a roar but a scream because of Ferrell's curling pointers.

4 Twitter Canada . Twitter put itself on the map in this country with the announcement they hired Kirstine Stewart as the first employee of Twitter Canada. Stewart was a powerhouse in the TV world, having been head of English language services at CBC. The move signalled an enormous shift in the industry as old media gives way to new.

5 Blackberry. The troubled smartphone maker based out of Waterloo released an open letter pledging: "You can continue to count on BlackBerry," persuading customers to stick with the company through this tumultuous time of restructuring. 2014 is make or break for them. I still have mine.

6 WestJet. Their heartwarming holiday video WestJet Christmas Miracle: Real-Time Giving went viral. In it, staff from the Canadian airline install a video kiosk at Pearson airport and Hamilton International Airport, where WestJet passengers heading to Calgary were asked to share their Christmas wish with a virtual Santa. Their gifts were waiting for them on arrival. Uplifting — and brilliant marketing.

7 Chris Hadfield. The rock star Canadian astronaut made space exploration totally sexy again, teaching us everything there is to know about space travel, tweeting pictures of our beautiful planet from space and even performing his own version of David Bowie's hit Space Oddity. He's this generation's Neil Armstrong and Buzz Aldrin.

8 4 PMs on a plane. Prime Minister Stephen Harper and three of his predecessors — Jean Chrétien, Brian Mulroney and Kim Campbell — sat together on the plane to South Africa for Nelson Mandela's memorial. What did they talk about? The Leafs, probably.

9 Terry Fox . Canada's national treasure, who has inspired generations with his Marathon of Hope to raise awareness and money for cancer research, was inducted into Canada's Walk of Fame. His legacy will last forever.

10 Canada Post. The federal Crown corporation announced plans to phase out home delivery within the next five years, replacing foot delivery with community mail boxes. Thousands of jobs will be lost. The whole thing seems unfathomable, but that's one of the steep prices in the face of technological advances.

11 Rogers hockey. Hockey Night in Canada could change forever with the exclusive 12-year NHL deal with Rogers starting next year. TSN got shut out, Sportsnet scored, and now CBC stalwarts Don Cherry and Ron MacLean must be uncertain what the future holds for them as Rogers has editorial control over on-air talent at their network.

12 Prince George, B.C. The mayor and townsfolk were delighted when Will and Kate announced His Royal Highness Prince George Of Cambridge to the world. What town wouldn't want to share a name with the world's most famous baby? They're hoping WillKat visit with the baby in February 2015, when the city hosts the Canada Winter Games.

13 Alice Munro's Prize. The 82-year-old Canadian author won the Nobel Prize in Literature — Ernest Hemingway, William Faulkner and Gabriel Garcia Marquez are past winners. She was dubbed by the Swedish Academy as "the master of the contemporary short story." True that.

14 Cory Monteith. The Canadian actor/Glee star died in a Vancouver hotel room of drug toxicity. During the announcement of his death, even Vancouver police Chief Doug LePard was touched by the sad news: "I watched Glee regularly with my daughters, and I know there will be shock and sadness in many households with the news of his tragic death."

15 Stompin' Tom's memorial. The likes of Sylvia Tyson, Dave Bidini, Adrienne Clarkson and Ken Dryden gave a farewell to remember at Stompin' Tom Connors's public memorial in Peterborough, Ont. He has left us with the iconic good old Hockey Song and so much more.

16 @Stats_Canada book. "78% of Canadians are angry with someone, but will never show it." It was those kind of brilliant parody stats about Canada that lead to the release of the book Stats Canada: Satire on a National Scale by six Canadian comic writers. Further evidence the best comedy comes from this country.

17 Pay it forward. An Edmonton man sparked a movement after buying 500 coffees in a Tim Hortons, which were handed out for free to customers. It soon spread to other cities like Calgary, Ottawa and Red Deer, Alta. Kindness + Be The Change = Canada.

18 Senate scandal. Mike Duffy, Patrick Brazeau and Pamela Wallin were the focus of claims they misused taxpayer dollars — and all three were suspended without pay from their positions as senators. As the investigation went on, questions were raised about who knew what and how high up in the government the scandal reached. Transparency and politics? Hmm.

19 Lac-Mégantic disaster. A total of 47 people were killed in the Quebec town of Lac-Mégantic when an unmanned train carrying crude oil rolled down the tracks, derailed and exploded in the centre of the town. An investigation into the tragedy resulted in questions about the safety of transporting oil by train. Lac-Mégantic will rebuild — but will never be the same.

20 Calgary mayor. During the horrible Alberta floods that left thousands of residents displaced, Calgary Mayor Naheed Nenshi kept the town composed in regular media appearances and through his use of social media, tweeting in real time what the city was doing and asking them to remain calm — a true leader in a time of crisis.

21 Leafs. In the first round of the playoffs, after a nine-year drought, the Leafs clawed their way back to a Game 7 against the Boston Bruins only to blow a three-goal lead in the final minutes, and were knocked out in overtime. No Leafs fan will ever forget what could have been if they had won.

22 John Morillo. The 47-year-old Canadian man apologized for causing an international incident after drinking eight beers and swimming across the Detroit River, just to prove to his friends he could. His drunken swim led to an international rescue operation. But he is now a Canadian legend with his buddies.

23 Milos Raonic. He put Canada on the tennis map, becoming the first Canadian to crack the top-10 on the ATP World Tour, appearing in the Rogers Cup final and posting a 5-1 record in Davis Cup play. Our national ace.

24 Justin Trudeau . The Federal Liberal Party put the party back on the radar this year when he took over with his youth, charisma, optimism — and pedigree. With the Liberals surging in the polls, Trudeaumania could sweep the nation once again.

25 The amazing BodyBreak. The Canadian version of The Amazing Race brought attention to a whole new generation of BodyBreak fans as Hal Johnson and Joanne McLeod, the 50-something fitness buffs, competed on the show. It's never a bad thing to draw attention to physical health. And you couldn't ask for two better proponents.

26 Kingston rescue. A construction worker was trapped at the end of a construction crane 100 metres above by a massive fire at an apartment building under construction in Kingston, Ont. Miraculously, he was saved by a helicopter from CFB Trenton in a daring and dramatic rescue that unfolded on social media through live tweets.

27 Basketball. The calibre of players being developed out of Canada showed itself in 2013 as Toronto's Anthony Bennett was taken first overall in the NBA draft by the Cleveland Cavaliers — becoming the first Canadian to do so. Yes, Basketball North is turning the corner. And it could get even better, as Andrew Wiggins is projected to go No. 1 at next year's draft. James Naismith is smiling from above.

28 #IceStorm2013. A massive ice storm hit pockets of Eastern Canada, resulting in the loss of power to hundreds of thousands of people. In Toronto alone, more than 300,000 were without power at one point, many tweeting their frustrations on Twitter. A true nightmare before (and after) Christmas.

Are NSA tools the stuff of 'nightmares'?

Privacy. Journalist tells conference that agency can see what you're typing with energy waves and turn your iPhone into a pocket spy

A well-known privacy advocate has given the public an unusually explicit peek into the intelligence world's tool box, pulling back the curtain on the National Security Agency's arsenal of high-tech spy gear.

Independent journalist and security expert Jacob Appelbaum on Monday told a hacker conference in Germany that the NSA could turn iPhones into eavesdropping tools and use radar wave devices to harvest electronic information from computers — even if they aren't online.

Appelbaum told hundreds of computer experts gathered at Hamburg's Chaos Communications Congress that his revelations about the NSA's capabilities "are even worse than your worst nightmares."

Even though in the past six months there has been an unprecedented level of public scrutiny of the NSA and its methods, Appelbaum's claims — supported by what appeared to be internal NSA slideshows — still caused a stir.

Quoted

"What I am going to show you today is wrist-slittingly depressing."

Independent journalist and security expert Jacob Appelbaum

One of the slides described how the NSA can plant malicious software onto an iPhone, giving American intelligence agents the ability to turn it into a pocket-sized spy.

Another slide showcased a device described as a "portable continuous wave generator," which can bounce invisible waves of energy off keyboards and monitors to see what is being typed.

Appelbaum has played an important role in the disclosures of NSA leaker Edward Snowden, but has not clarified whether the most recent set of slides came from Snowden.

THE ASSOCIATED PRESS

Independent journalist and security expert Jacob Appelbaum, who played an important role in the disclosures of NSA leaker Edward Snowden, seen here in Hong Kong in June, says the NSA's capabilities are "worse than your worst nightmares." GLENN GREENWALD AND LAURA POITRAS/THE GUARDIAN/THE ASSOCIATED PRESS FILE

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'Health tourism'

U.K. to require migrants, visitors to pay for ER visits

Britain's government has announced plans to require migrants and tourists to pay for emergency medical treatments and minor surgery that takes place in doctors' offices.

The changes are part of an overall plan to reduce "health tourism."

Health official Frederick Curzon said Monday the financial changes are needed because "we must make sure the system is fair to the hardworking British taxpayers who fund it."

Officials said no one would be turned away from emergency rooms but that payment would be expected.

THE ASSOCIATED PRESS

Uruguay

Man arrested after cops seize 42 pot plants

Police in Uruguay detained a man for growing too much marijuana after seizing 42 plants in his apartment. They discovered the stash Saturday, just five days after President José Mujica signed into law the world's first plan to create and regulate a national marijuana market. THE ASSOCIATED PRESS

A grower holds a marijuana plant in Montevideo, Uruguay, in 2012. THE ASSOCIATED PRESS FILE

Reunited airlines

U.S. commercial jet lands in Cuba for 1st time in 50 years

The first commercial passenger flight from Key West to Cuba in more than 50 years landed Monday in Havana, capping several years of efforts to reunite the two islands, though regular air service still appeared a distant prospect.

U.S. Customs and Border Protection gave the final approval for the flight Monday morning, and the nine-passenger aircraft departed at 10 a.m., Key West International Airport director Peter Horton said.

"This is just a test run," Horton said. "Whether this is going to come and be a regular service I don't believe has been determined yet." THE ASSOCIATED PRESS

Iraq. Police dismantle tents after Sunnis agree to end protest; 10 killed nearby

Iraqi police took down tents and cleared a Sunni sit-in in a flashpoint western city after protesters there agreed to end their months-long demonstration following talks with the Shiite-led government, an official said Monday.

Clashes nearby that reportedly left 10 dead, however, were a reminder of how the protest movement has often fuelled armed campaigns by insurgent groups against the authorities.

In Baghdad, meanwhile, the Sunni speaker of parliament said that dozens of deputies had submitted their resignations in protest of the dismantling of the camp.

The protest camp in Ramadi, 115 kilometres west of Baghdad, was one of a half-dozen similar sit-ins across Sunni areas in Iraq. Since last December, the Sunnis have been protesting against what they perceive as discrimination at the hands of the country's Shiite-led government and against tough anti-terrorism measures they say target their sect. THE ASSOCIATED PRESS

Mourners react over the flag-draped coffin of Iraqi soldier Ali Alwan in Najaf, Iraq, on Monday. JABER AL-HELO/THE ASSOCIATED PRESS

Egypt. Prosecutors interrogate arrested Al-Jazeera team: Official

Egyptian state security prosecutors interrogated a team of journalists working for Al-Jazeera's English channel Monday, a day after they were arrested in Cairo, a security official said Monday.

State security prosecutors usually investigate cases involving national security or terrorism. The official said the journalists from the Qatar-based network were being questioned for broadcasting without permission from a five-star hotel, the Cairo Marriott. The official spoke on the condition of anonymity because he was not authorized to speak to the media.

Egypt has long accused Al-Jazeera of bias in favour of the Muslim Brotherhood of ousted President Mohammed Morsi. But so far its crackdown on the network has mostly targeted its Arabic service and a local branch focusing on Egypt coverage. THE ASSOCIATED PRESS

Crackdown

The Interior Ministry had said its arrest of the journalists was part of its crackdown on the Muslim Brotherhood group, which the government branded as a "terrorist" organization last week.

Saudi Arabia

Lashings for man who accused wife of not being a virgin

A Saudi news website says a judge in the city of Mecca ordered a man to be lashed 20 times for accusing his spouse of not being a virgin when they married.

Al-Sharq Online reported Monday that the Yemeni man was sentenced to be flogged in one session for not providing evidence to back up the accusation. THE ASSOCIATED PRESS

Guam

Senator: New bill to keep killers from profiting off victims

A Guam lawmaker has introduced a bill to prevent murderers from getting inheritances from the people they kill.

Pacific Daily News reported Monday that territorial Sen. Frank Aguon says it's disheartening that some people resort to murder to gain wealth from people they stand to benefit from THE ASSOCIATED PRESS

Police officers detain people who gathered for an unsanctioned event in downtown Volgograd, Russia, Monday, where a bomb blast tore through a trolleybus earlier in the day, killing more than a dozen people, a day after a suicide bombing that killed at least 17 at the city's main railway station. DENIS TYRIN/THE ASSOCIATED PRESS

Bombings rattle Olympic poise

Southern Russia. Two suicide attacks kill at least 31 in Volgograd, about 650 km from Olympic Games' site

Two suicide bombings in as many days have raised concerns that separatist militants have begun a terrorist campaign in Russia that could stretch into the Winter Olympics in February.

Russian authorities and the International Olympic Committee insisted the site of the games, protected by layers of security, is completely safe.

The attacks in Volgograd, only 650 kilometres away from the Olympic host city of Sochi, reflected the Kremlin's inability to uproot Islamist insurgents in the Caucasus who have vowed to derail the games, President Vladimir Putin's pet project.

No one has claimed responsibility for Sunday's blast at the Volgograd railway station or Monday's bus explosion there, but they came only months after Chechen rebel leader Doku Umarov threatened new attacks against civilian targets in Russia, including the Sochi Olympics.

The two bombings killed 31 people and wounded 104, according to Russia's health ministry. As of late Monday, 58 victims were still hospitalized, many in grave condition.

Suicide bombings have rocked Russia for years, but the insurgency seeking to create an Islamic state has been largely confined to the North Caucasus region in the past few years. The successive attacks in Volgograd signal that militants want to show their reach outside their native region.

Volgograd, a city of 1 million northeast of Sochi, is a hub with railway lines running in five directions across the country and numerous bus routes connecting it to the volatile Caucasus provinces. THE ASSOCIATED PRESS

Quoted

"Volgograd, a symbol of Russia's suffering and victory in World War II, has been singled out by the terrorist leaders precisely because of its status in people's minds."

Dmitry Trenin, head of the Carnegie Endowment's Moscow office

A soldier guards the main railway station in Volgograd, Russia, on Monday. THE ASSOCIATED PRESS

Sochi security measures ramping up

Aware of the threat, the Sochi organizers have introduced some of the most extensive identity checks and sweeping security measures ever seen at an international sports event.

Anyone wanting to attend the games that run from Feb. 7-23 will have to buy a ticket online from the organizers and obtain a "spectator pass" for access. Doing so will require providing passport details that allow authorities to screen all visitors.

The security zone created around Sochi stretches approximately 100 kilometres along the Black Sea coast and up to 40 kilometres inland. Russian forces including special troops will patrol the forested mountains flanking the resort and use drones to keep a constant watch over Olympic facilities. Speedboats will patrol the coast and sophisticated sonar will be used to detect submarines.

Cars from outside the Olympic zone will be banned beginning a month before the Winter Games, and Sochi residents are already facing widespread identity checks.

Some observers have warned, however, that terrorists may simply choose softer targets in the vicinity of Sochi to sow panic. THE ASSOCIATED PRESS

Canada, RCMP dropped from beheading suits

Vince Li. Lawyer who represents father of victim was concerned his lawsuit wouldn't stand up in court

The Canadian government and the RCMP have been dropped from lawsuits filed after the beheading of a man aboard a Greyhound bus in Manitoba.

Victim Tim McLean's father filed a claim soon after his son was killed in the summer of 2008 against Greyhound, perpetrator Vince Li and Canada. The Canadian Press recently discovered that the file was amended in April 2012 to drop the federal government as a defendant and to add 22-year-old McLean's "infant son" as one of 15 people who have "been deprived of Tim McLean Jr.'s guidance, care and companionship."

Vince Li is shown in a Portage La Prairie, Man., court in 2008. JOHN WOODS/THE CANADIAN PRESS

Lawsuits filed by two separate bus passengers, Debra Tucker and Kayli Shaw, have also been amended to drop the RCMP.

Lawyer Jay Prober, who represents Tim McLean Sr., said the government was dropped from his client's lawsuit because there were concerns "it wasn't a strong enough case."

Li has been confined to a psychiatric institution north of Winnipeg since he was found not criminally responsible for stabbing, mutilating and beheading McLean on a bus in 2008. THE CANADIAN PRESS

Harper praises late father of Maple Leaf flag

Prime Minister Stephen Harper says Canada lost a great public servant with the death late last week of John Matheson, shown in this Feb. 13 photo in Kingston, Ont. The former MP and Second World War veteran died Friday in Kingston at the age of 96. Matheson was often referred to as the father of Canada's Maple Leaf flag after leading a multi-party committee that chose the new flag to replace the old Red Ensign in 1965. The Sunday tweet from Harper's account also pointed out that Matheson was instrumental in creating the Order of Canada. JUSTIN TANG/THE CANADIAN PRESS

'Safest' decision

Canadian-made cameras removed from space station

Two Canadian space cameras installed at the International Space Station last week have been removed for safety reasons.

UrtheCast Corp. said Monday the cameras are now being stored inside the ISS until it can be determined why they weren't receiving any power.

Russian astronauts Oleg Kotov and Sergei Ryazansky installed the cameras on Dec. 27. But shortly after they were put in place, the Mission Control Centre near Moscow reported it could not receive any data from either camera.

Without any data, the control centre could not confirm that the cameras would be able to survive "temperature fluctuations," said Vancouver-based UrtheCast in a statement.

"As a consequence, senior technical personnel ... jointly decided that the safest and most prudent course of action was to uninstall the cameras," it said Monday.

THE CANADIAN PRESS

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A selfie just before death in Beirut bombing turns teen into symbol

Syria conflict spreads to Lebanon. Powerful car bomb targeted and killed Mohammed Chatah, a former finance minister critical of Syria and Hezbollah

It's a happy moment, a selfie taken by a group of teenagers on a sunny day in downtown Beirut. Mohammed Shaar sits among his friends in a red hoodie and dark-framed glasses.

The next photos, captured by journalists only moments later, are tragic. The 16-year-old Shaar lies mortally wounded, his red hoodie and his blood forming a scarlet blur on the pavement — an anonymous civilian casualty of a car bomb that killed a prominent politician.

The before-and-after montage of Shaar, who died of his wounds a day after Friday's bombing, has rattled Lebanese who in Shaar's ordinary-turned-horrifying day saw their own lives and potentially their own fate. The teenager has since become a symbol of a population held ransom by the country's widening violence and swelling tensions between Sunnis and Shiites, exacerbated by the war in neighbouring Syria.

On Monday, hundreds of Shaar's fellow students marched to the Starco building, outside of which the bombing took place. They held signs saying, "We are all Mohammed," waved the Lebanese flag and left flowers.

The blast, on a main avenue of the ritzy downtown shopping district, killed its political target, Mohammed Chatah, his driver, and five passersby.

THE ASSOCIATED PRESS

Lebanese students of the private Hariri High School, named after a prominent assassinated Sunni leader, chant slogans and hold photos of 16-year-old Mohammed Shaar — one of seven people killed in a car bomb that ripped through the upscale downtown district of Beirut — on Monday at the scene of the explosion. BILAL HUSSEIN/THE ASSOCIATED PRESS

Anger rising

Sectarian fears

At Shaar's funeral, sectarian anger bubbled up, with some mourners chanting anti-Shiite slogans. But more prevalent was anger over being caught in the crossfire as powerful factions fight out their political differences. Grief over Shaar is given greater resonance by fears among Lebanese that they are lurching back into the abyss, still battered from their own 15-year war, which ended in 1990. That civil war was partly ignited by sectarian tensions among Lebanon's Shiite, Sunni, Christian and Druse minorities.

THE ASSOCIATED PRESS

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Poll. Come hell or high water? Canadians will know through their app

Is it any surprise that in a global comparison of what apps mobile users keep going back to again and again Canadians ranked high for checking the weather?

In an online survey with more than 19,000 respondents in 27 countries conducted by Ipsos, users were asked what kinds of apps they regularly used.

Forty-seven per cent of the Canadians polled said they most often loaded a weather app, which was eight percentage points above the global average.

By comparison, only 22 per cent of users in Saudi Arabia regularly used a weather app and on the high end, 56 per cent of South African users pulled up a weather app often.

Forty-two per cent of Canadian respondents said they don't regularly use any of the 8 types of apps they were asked about. GETTY IMAGES FILE

About a third of the Canadians surveyed said they regularly use a banking app and a quarter each said they use music and news apps frequently. Canadians were tied for third-last globally when it came to reading news through an app. Forty-two per cent indicated they're just not big app users. THE CANADIAN PRESS

Harris-Decima poll

IPhone users had installed an average of 30 apps, which was triple the number for BlackBerry users and 50 per cent more than Google Android users.

Only thing more real than TV's image is its $150K cost

Samsung on Monday said a 110-inch UHD TV that has four times the resolution of standard high-definition TVs is going on sale for about $150,000 US in South Korea. SAMSUNG ELECTRONICS CO/THE ASSOCIATED PRESS

Market Minute

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Natural gas: $4.43 US (+$0.06)
Dow Jones: 16,504.29 (+25.88; record high)

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OIL
$99.29 (-$1.03)

GOLD
$1,203.80 US (-$10.20)

U.S. Home electricity usage falling

The average amount of electricity consumed in U.S. homes has fallen to levels last seen more than a decade ago, back when the smartest device in people's pockets was a Palm pilot and anyone talking about a tablet was probably an archaeologist or a preacher.

Because of more energy-efficient housing, appliances and gadgets, power usage is on track to decline in 2013 for the third year in a row, to its lowest point since 2001, even though our lives are more electrified.

Some of what's changed since is insulated homes that waste less energy; more efficient appliances and devices, and stricter government regulations. THE ASSOCIATED PRESS

LEDs use 70-80% less power than incandescent bulbs. THE ASSOCIATED PRESS

Galen G. Weston

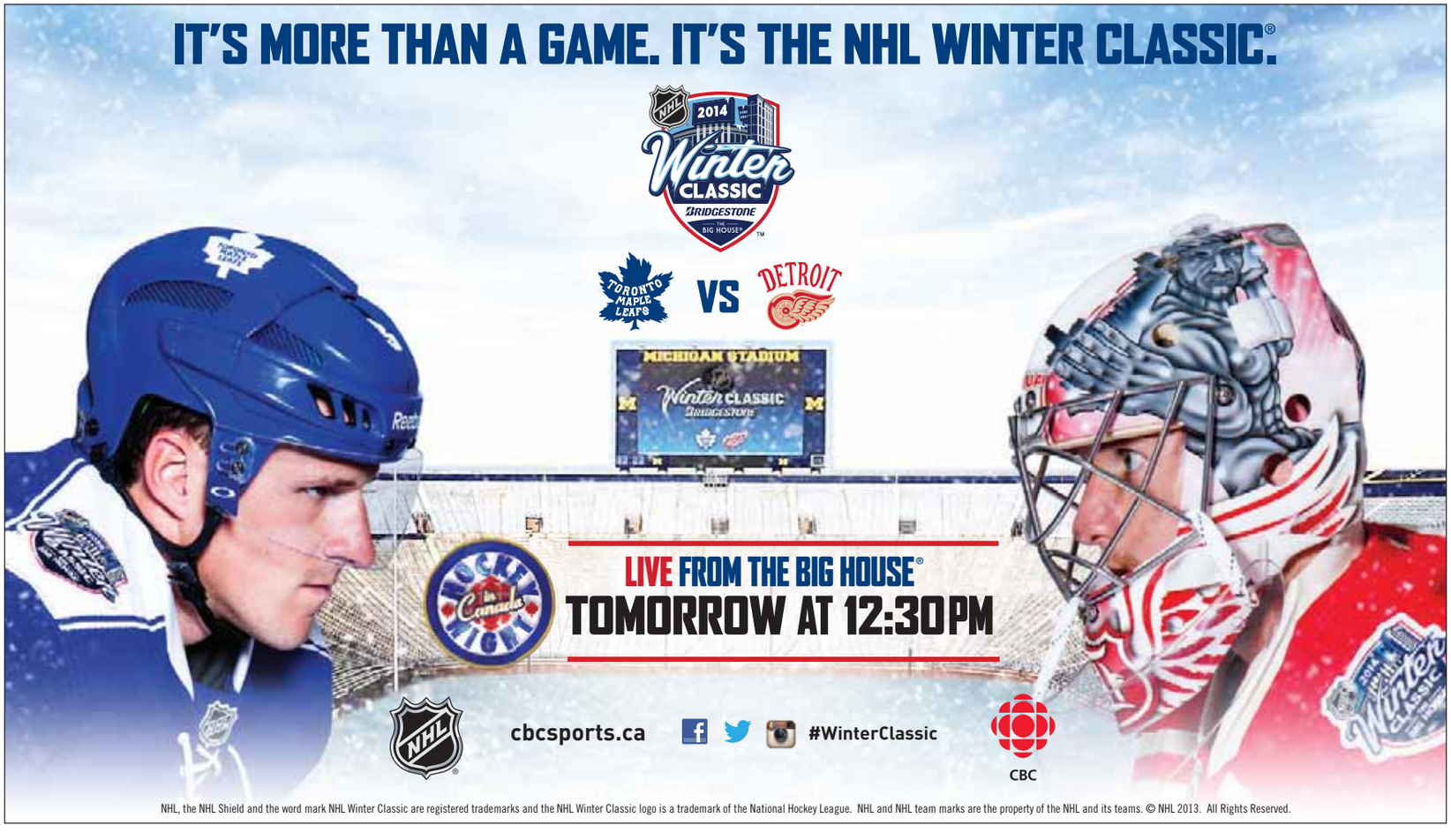
Loblaw's head top business newsmaker

Galen G. Weston helped lead Loblaw's restructuring efforts at a time of intense competition while pushing green, organic and fresh products. But it was his role in one of the biggest takeovers in the country's retail history as well as his strong stance on the need for change in Bangladesh after the factory collapse that won Weston the title of Canadian Press Business Newsmaker of the Year. THE CANADIAN PRESS

Nope, it's not Superman

U.S. announces drone testing sites

The Federal Aviation Administration announced Alaska, Nevada, New York, North Dakota, Texas and Virginia will develop test sites for drones. Tests will determine whether drones can detect and avoid obstacles and operate safety when they lose contact with operators. THE ASSOCIATED PRESS



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ADMIT IT: MILEY TRUMPS SENATE

SHE SAYS

Jessica Napier
metronews.ca

Once in a while I like to peruse the glossy pages of US Weekly and In Touch to catch up on the latest GOOP-approved macrobiotic recipes and Jennifer Aniston's tumultuous trek to the altar.

It's hard to say why I care about Beyoncé and Jay-Z's vegan diet or Kate Middleton's new haircut; I know it's not terribly intellectual or important reading material, but sometimes I just want to unwind and read about the drama behind the latest Kardashian Kristmas Kard.

Unfortunately, I may be alone in my willingness to discuss my interest in celebrity news. A new poll, conducted by Ipsos Reid on behalf of The Canadian Journalism Foundation, shows that the majority of Canadians say they prefer domestic and international news over celebrity items and gossip. Furthermore, the majority of the respondents blamed the media, not the stars, for sensationalism.

Personally, I have a hard time believing these results. We can hardly accuse the media of shoving celebrity gossip down our throats when we are the ones seeking it out. Katy Perry has over 49 million Twitter followers and four of the top 10 most popular accounts on Instagram belong to Kardashian sisters.

Whether we want to admit it or not, there is an insatiable public appetite for celebrity gossip. We want to know where they shop, what they eat, who they date and whether or not they pump their own gas (stars — they're just like us!).

In an effort to regain some control over how they are portrayed in the media, many celebrities are turning to social media in an effort to direct their own heavily filtered persona. By sharing their own personal content rather than relying on paparazzi photos and rumours, stars like Rihanna and Justin Bieber are actively trying to control the public narrative about who they are. And we — the ever-attentive audience — get to sit back and enjoy every single intimate selfie.

With such an intense public interest in famous faces, why wouldn't the media try and cash in on our curiosity? Even serious news publications are experimenting with celebrity-generated content in an attempt to attract eyeballs and advertising dollars.\

The New York Times has published a number of candid columns written by celebrities themselves about their personal lives. Earlier this year, Angelina Jolie announced she had a preventative double mastectomy in a highly publicized personal column and actress and singer Maria Bello recently came out in a revealing Modern Love essay.

News media might be driving traffic to websites with celebrity gossip, but click bait only works because people have a genuine desire to read the whole story behind the sensational headline. Polls that suggest people don't follow celebrity gossip are inherently problematic because the individuals being surveyed might not be totally honest about their media habits.

After all, if someone asked you whether you'd be more likely to click on a story about Senate reform or Miley's drug use, what would you say?

Would you be lying?

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Didn't drop the ball on this one

JOHN MINCHILLO/THE ASSOCIATED PRESS

Testing, testing, 3, 2, 1

Workers handle cables attached to the New Year's Eve ball during a test atop the 1 Times Square building in New York City. The device is a dazzling spectacle: An aluminum, geodesic skeleton covered in wedge-cut crystals and more than 32,000 light-emitting diodes, which are capable of creating billions of kaleidoscopic colour patterns. But despite its modern shell, the ball is a 19th-century contraption. Time balls originated in the early 1800s, before there were time zones. Most American cities kept their own time, based on the sun. The first ball drop took place in late 1829, in a dockyard at Portsmouth, England.

THE NEW YORKER.COM/
WITH FILES FROM THE ASSOCIATED PRESS

The world is watching

1B

At the stroke of midnight on New Year's Eve, a billion people will stop what they are doing in order to watch the ball slide down a 130-foot pole during the annual celebration.

Blinged out

2,688

The iconic 11,875-pound geodesic sphere is covered in 2,688 Waterford Crystal triangles.

Worth mentioning.
911 is a joke for Duffy hater in this town

A southwestern Ontario resident's attempt to meddle in the Senate scandal by calling 911 on Mike Duffy made the local police force's annual list of the silliest emergency calls of the year.

The caller accused the embattled senator of fraud in an effort to sic Chatham, Ont., police on him — despite being more than 700 kilometres from the capital.

That wasn't enough to nab the top spot, however. The call only ranked fifth out of the force's 10 most ridiculous reports.

First prize went to a lovers' quarrel over a glass eye. A man reported his girlfriend hid the prosthesis after he took it out at her home, and asked that police help him retrieve it.

Second place went to a driver who ended up being carjacked by a goat. Police say the woman initially called after seeing the animal in the road, but when she stepped out of her vehicle to look for an address to give the 911 operator, the goat hopped in.

In third position were "bored" youngsters who police say tried to "trip" cars with a dog leash.

Another close call with nature earned the fourth spot, this one involving a squirrel whose daredevil leap through an open car window caused the driver to plow into a ravine. Police say the furry joyrider learned his lesson.

Other highlights include a man who wanted police to prevent rainwater from his neighbour's roof from falling on his property, a woman who came face-to-face with a possum in her bathroom cupboard and a person barred from driving who rode an e-bike to a probation appointment.

THE CANADIAN PRESS

Comments

RE: Woman with multiple sclerosis braves Toronto ice storm hungry, cold, immobile and in the dark, published online Dec. 30

What a sad story — wow! Nobody should ever have to be that alone, ever! I'm glad she had her dog to keep her company at least.
bobcatinhfx, posted to metronews.ca

This lady is more of a strong woman than I could ever be. I hope she is able to get her scooter repaired as soon as possible. She should not have to stay isolated indoors for prolonged periods. It's so sad that she's that alone. God bless her loyal canine companion.
NSBooklady, posted to metronews.ca

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DVD review

The Wicker Man

Director. Robin Hardy

Stars. Edward Woodward, Christopher Lee

British horror classic The Wicker Man shares with Blade Runner a multi-version history, fan disputes over what constitutes "definitive" and now, a "final" cut by a director invoking closure. And like Blade Runner, this is a film that gets better with age and repeat viewings, no matter which version you see — but just make sure you don't confuse Robin Hardy's shivery 1973 original with Neil LaBute's horrifically lead-footed 2006 remake. For the record, this "final" and restored cut runs 92 minutes, smoothing out some back story but minus an additional 10 minutes from an out-of-print VHS version that Hardy deems inessential to the tale. The Wicker Man finds its chills in a clash between religions, the animus for so many of today's terror headlines. The script by acclaimed screenwriter Anthony Shaffer (Sleuth, Frenzy) slowly reveals the horror that awaits the arrogant and the unmindful. The shocking last twist should make any film buff's all-time Top 10 list of great final screen shots. Extras include making-of featurettes and commentaries.

PETER HOWELL

Scott Moir and Tessa Virtue (left) are the stars of Tessa & Scott, which debuts Thursday on W Network. CONTRIBUTED

Filming Olympic icecapades

Tessa & Scott. Gold medal pair the stars of new TV series that documents their journey to Sochi

Champion ice dancers Tessa Virtue and Scott Moir are used to performing on the ice.

But this week they promise to drop the act to offer Canadians a glimpse into their lives outside the spotlight. The seven-part TV series Tessa & Scott follows the 2010 Olympic gold medal winners as they prepare for the 2014 Winter Games in Sochi while showing them in candid moments with friends and family.

The half-hour Tessa & Scott debuts Thursday on W Network.

The 24-year-old Virtue and 26-year-old Moir sat down for an interview during a break in late October as filming was underway.

You've obviously got a lot of other things to worry about these days, why do a TV show?

Scott: Going into (the) 2010 (Games) it was such a whirlwind, we barely remember it. For us (this) is a great way for us to not only share with Canadians but also selfishly to look back on it and think what it was like going in right before the Olympic Games.

Tessa: Obviously, the focus this season is on competing our best at the Olympics and hopefully going for another title. We knew that anything we took on this year — be it a sponsorship or any kind of obligation, a show — we didn't want that to affect our training. And this series has not. Really, our lives haven't changed. The neat thing about this was that cameras were following us on what we do on a daily basis.

Obviously, you're already so comfortable in front of the cameras, you are performers after all.

Scott: Yeah, the cameras have been in our lives for a long time so it wasn't that much of an adjustment and the crew is really great. It actually feels more normal now to have the crew with us; it's like having six friends with us all the time.

Tessa: The life of an athlete is naturally isolating so I think one surprising thing about the series so far is how close we've become with the crew. It's nice to have people at the rink who we trust and we know want the best for us and they can give you a little smile or a wink and it really makes a difference. We feel that support.

Does having a camera at training sessions affect how you train?

Scott: Actually, that's been a funny thing. (Our coach) Marina (Zueva) makes fun of us now, (saying) that we skate our best when the cameras are there. She says to us a couple of days (ago), "Oh, I wish the cameras were here because you seem to give it a little bit more...."

Before we took on this kind of adventurous little project we asked our team members and our advisers, we asked our head coach what they thought, we asked a sports scientist what he thought and a little bit to our surprise they thought it was a great idea, as long as it didn't take away from our training.

So that was priority one, and we were able to do that so I think it really has pushed us.

THE CANADIAN PRESS

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i'm lovin' it

The top tweeps of 2013

Pop star power. The biggest personalities on Twitter turn out to be loud-mouthed singers

Katy Perry holds the popularity crown on Twitter, with more than 48.4 million followers. THE CANADIAN PRESS

On Nov. 28, Justin Bieber tweeted the word "now" followed by 11 periods. More than 90,000 people retweeted or favourited the one-word missive.

That's roughly the same number of people who passed on his Dec. 8 bulletins "hanging with the team" and the insightful "gym before tonight's last show."

By comparison, when CNN's breaking news account tweeted that beloved world leader Nelson Mandela was dead at 95 years old, only about 15,000 people saw fit to pass the tweet on.

Bieber isn't even the most-followed person on Twitter anymore, having ceded a small lead to Katy Perry sometime during the 19-year-old's ongoing enfant terrible phase. But they're 1-2, with Perry's more than 48.4 million followers giving her a lead of roughly 700,000.

Next is Lady Gaga, with 40.9 million followers and after U.S. President Barack Obama — whose relative mastery of social media was singled out as a factor in the last two elections — four more pop stars follow in the Top 10, including Taylor Swift (37.5 million), Britney Spears (34.6 million), Rihanna (33.1 million) and Justin Timberlake (29.1 million).

Five more musicians follow in the next 10-most followed, and those numbers easily eclipse the acolytes amassed by the top-followed TV personality (Ellen DeGeneres at 24.0 million), athlete (Cristiano Ronaldo at 23.2 million), actor (Ashton Kutcher at 15.3 million) and news organization (the aforementioned CNN Breaking News at 14.6 million). Twenty-one of the top 30 most-followed accounts on Twitter belong to pop stars or bands.

Which begs the question: why are we so specifically fascinated with the musings of pop stars, above all other public figures? Leave it to a musician to explain.

"A lot of musicians, we tend to be loud mouths," said electronic musician Moby, who possesses 1.3 million Twitter followers.

"Actors are generally well-known for sayings things that were written by other people. A good actor is by definition a cypher, meaning most actors are quite, at their core, they're nice people but there's a neutrality to them.... So maybe they just don't have as much to say.

"I mean," he adds later, "a lot of actors really strive to be neutral so as not to offend anyone."

Some musicians do tweet with a candour rare for brand-conscious athletes and actors, who insist upon a path of comforting blandness.

Rihanna, for instance, has a bawdy, seemingly unfiltered presence on Twitter and Instagram that has become downright notorious — even once tipping off Thai authorities to a lewd sex show described in lurid detail on the Barbadian pop titan's account.

She posts pictures naked and she posts pictures faded (her fondness for weed being well-established) — and, according to social media experts, she's doing it right.

"Rihanna's a great example of somebody who's constantly talked about," said Hamza Khan, digital community facilitator at Ryerson University in Toronto.

"(It's) because her account is not cookie cutter, it's not generic. You don't have interns tweeting about the fact that she has a concert coming up. 'Oh, go buy tickets over here.'

"Despite the shenanigans that she's up to — the smoking, the partying, the drinking, the hooking up — it's very real and you know it's coming directly from RiRi," he added.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Robin Roberts GETTY IMAGES

Good Morning America! I'm gay!

THE WORD
Dorothy Robinson
scene@metronews.ca

Good Morning America host Robin Roberts, who was one of Barbara Walter's Most Fascinating People of 2013, continues to fascinate with this week's casual Facebook post thanking her girlfriend for her help in recovering from MDA, or myelodysplastic syndrome, a rare blood disorder that affects the bone marrow.

The post was the first time Roberts has publicly acknowledged she is a lesbian. In the writeup, Roberts reflected on her past year, battling the disease and recovering thanks to a bone marrow transplant from her sister. And in the middle of the thank you note to fans, she wrote, "I am grateful for my entire family, my long time girlfriend, Amber, and friends as we prepare to celebrate a glorious new year together. I am grateful for the many prayers and well wishes for my recovery. I return every one of them to you 100 fold."

According to reports, Roberts sexuality is an open secret in the industry; she and Amber Laign, who is reportedly a massage therapist, have been dating for ten years and live together in New York City.

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Want a stress-free 2014? First, sit down and read

Healthy resolutions. Metro took a peek at three new books that aim to tackle stress — we feel better already

MAJA LUNDAGER PEDERSEN
Metro World News in New York City

If you don't know where to start when it comes to lowering your daily stress level, these three books offer different approaches to the subject. ISTOCK

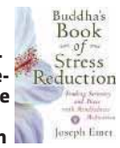
High blood pressure, heart disease, obesity and diabetes are all common and dangerous effects of stress. If you're looking for some stress relief in 2014, these books promise to help.

The 10-Step Stress Solution — Live More, Relax More, Re-energise by Neil Shah

Neil Shah is the founder of The Stress Management Society. Each chapter of The 10-Step Stress Solution starts with a short test for the reader and focuses on basic tools many might tend to forget in their everyday life.

Our favorite tip: Breathing for stress relief

• Stand or sit in a comfortable, relaxed position with your spine erect.
• Inhale slowly through your nose to the count of five. Imagine a ball or balloon in your belly inflating.
• Hold the breath in the ball or balloon in your belly for five to 10 seconds.
• Count slowly to eight as you exhale.
• Repeat this technique several times.



Buddha's Book of Stress Reduction: Finding Serenity and Peace with Mindfulness Meditation by Joseph Emet

Maybe you've always thought meditation was for hippies, but ask yourself — was Buddha a tense guy? Nope, so let's learn a few tricks from him. Joseph Emet, a Dharma teacher and founder of the Mindfulness Meditation Centre in Montreal, provides 15 meditation exercises. One that really stuck with us was about control.

Our favorite tip: Recognize what's in your control

• As Emet writes, "A good way of looking at our stress, worries, anxieties and ruminations is to consider whether we have any control over what we are fretting about. Are we trying to control other people? Are we trying to control events that are clearly beyond our competence?"

The Mayo Clinic Guide to Stress-Free Living by Amit Sood

For a more scientific take on stress and what goes on inside the brain when it suddenly decides to work against you, this is a book to consider. Through chapters such as Why Your Mind Wanders and The Anatomy of an Experience, Sood, a doctor and specialist in stress and resiliency at the Mayo Clinic, walks you through what's happening in your body.

And of course, the doctor also comes with strategies against stress. One we liked was about forgiveness. Turns out giving up bitterness "improves blood pressure, lowers heart rate, decreases stress, improves sleep and physical illnesses."

Our favorite tip: Forgive

• Focus on yourself. You forgive because you wish to heal, end your pain and disempower the person who hurt you. You forgive because you love yourself.

Review

FitStar offers a constant pep talk

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

FitStar: Tony Gonzalez
iPhone/iPad
Free/$4.99

Gonzalez's constant, verbal encouragement is a good thing in this video series that adapts to your time and fitness needs. Experts will appreciate the creative routines and beginners the free content.

Looking ahead

- **Miracles Now — 108 Life-Changing Tools for Less Stress, More Flow, and Finding Your True Purpose by Gabrielle Bernstein:** In April, look for this book by Metro U.S. columnist Gabrielle Bernstein. In it, she gives tips on overcoming 108 daily emotions "that may get in the way of our day to day."

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3 soups for a warmer winter

Nothing beats a bowl of soup when you've got a runny nose and are glued to the couch. Deb Perelman, author of the popular food blog Smitten Kitchen, tells us how to make sure it doesn't taste bland or boring. (Deb doesn't believe in cooking times, so just go with the flow.)

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Recipe. Sweet Potato and Sausage Soup

Serves 8

- 3 tablespoons extra-virgin olive oil, divided
- 1 10-ounce fully cooked chorizo sausage, cut crosswise into 1/4-inch-thick slices
- 2 medium onions, chopped
- 2 large garlic cloves, minced
- 2 pounds red-skinned sweet potatoes peeled, quartered lengthwise, cut crosswise into 1/4-inch-thick slices
- 1 pound white-skinned potatoes, peeled, halved lengthwise, cut crosswise into 1/4-inch-thick slices
- 6 cups low-salt chicken broth
- 1 9-ounce bag fresh spinach
- Salt and pepper to taste

1 Heat 2 tablespoons oil in heavy large pot over medium-high heat. Add sausage; cook until brown, stirring often, about 8 minutes. Transfer sausage to paper towels to drain. Add onions and garlic to pot and cook until translucent, stirring often, about 5 minutes. Add all potatoes and cook until beginning to soften, stirring often, about 12 minutes.

2 Add broth; bring to boil, scraping up browned bits. Reduce heat to medium-low, cover, and simmer until potatoes are soft, stirring occasionally, about 20 minutes. Using potato masher, mash some of potatoes in pot. Add browned sausage to soup. Stir in spinach and simmer just until wilted, about 5 minutes. Stir in remaining 1 tablespoon oil. Season with salt and pepper.

Recipe adapted from Bon Appétit. Copyright Smitten Kitchen LLC.

Recipe. Cream of Tomato

Serves 4

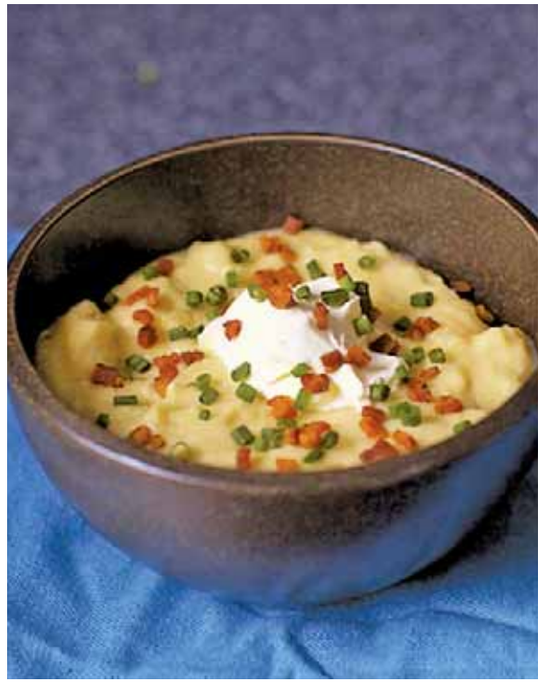
- 2 cans whole tomatoes packed in juice, drained, 3 cups juice reserved
- 1 1/2 tablespoons dark brown sugar
- 4 tablespoons unsalted butter
- 4 large shallots, minced
- 1 tablespoon tomato paste
- Pinch ground allspice
- 2 tablespoons all-purpose flour
- 1 3/4 cups chicken stock
- 1/2 cup heavy cream
- 2 tablespoons brandy or dry sherry
- Salt and cayenne pepper

1 Adjust oven rack to upper-middle position and heat to 450°F. Line rimmed baking sheet with foil. With fingers, carefully open whole tomatoes over strainer and push out seeds, allowing juices to fall through strainer into bowl. Spread seeded tomatoes in single layer on foil. Sprinkle evenly with brown sugar. Bake until all liquid has evaporated and tomatoes begin to color, about 30 minutes. Let tomatoes cool slightly, then peel them off foil; transfer to small bowl and set aside.

2 Heat butter over medium heat in large saucepan until foaming. Add shallots, tomato paste and allspice. Reduce heat to low, cover, and cook, stirring occasionally, until shallots are softened, 7 to 10 minutes. Add flour and cook, stirring constantly, until thoroughly combined, about 30 seconds. Gradually add chicken stock, whisking constantly to combine; stir in reserved tomato juice and roasted tomatoes. Cover, increase heat to medium, and bring to a boil. Reduce heat to low and simmer, stirring occasionally, to blend flavors, about 10 minutes.

3 Pour mixture through strainer and into medium bowl; rinse out saucepan. Transfer tomatoes and solids in strainer to blender; add 1 cup strained liquid and puree until smooth. Place pureed mixture and remaining strained liquid in saucepan. Add cream and warm over low heat until hot, about 3 minutes. Off heat, stir in brandy or sherry and season with salt and cayenne. Serve immediately.

Recipe adapted from the America's Test Kitchen Cookbook. Copyright Smitten Kitchen LLC.



Recipe. Baked Potato Soup

Serves 6

- 1 head garlic
- 3 tablespoons unsalted butter
- 2 medium leeks, white and light green parts halved lengthwise, washed, and chopped small
- 5 to 6 cups low-sodium chicken or vegetable broth (I used 5 cups; add the extra cup after pureeing if you'd like a thinner soup)
- 2 bay leaves
- Table salt
- 2 1/2 pounds russet potatoes, peeled and cut into 1/2-inch cubes
- 1/3 cup sour cream
- Ground black pepper
- Bacon bits

1 Rinse the head of garlic. Cut the top third off the head and peel any loose papery skins off the bottom two-thirds. Instead of discarding the top third, pop out a bunch of the garlic clove tips and mince them.

2 In a large, heavy pot, melt the butter over medium heat. Add leeks and cook them until soft (but not brown), about 5 minutes. Add the minced garlic and cook another minute. Add the larger part of the garlic head (whole, not chopped), broth, bay leaves and 3/4 teaspoon salt. Reduce heat and simmer until garlic is very tender when pierced with tip of knife, 30 to 40 minutes. Add potatoes and continue to simmer, partially covered, until potatoes are tender, about 15 to 20 minutes.

3 Discard bay leaves. Remove garlic heads. Add sour cream to soup and cook for another 2 to 3 minutes. Adjust seasonings, adding more salt and pepper to taste. Using immersion blender, process soup until chunky-creamy, leaving lots of potato texture intact. Serve sprinkled with bacon bits.

Recipe adapted from Cook's Illustrated. Copyright Smitten Kitchen LLC.

Well, that's one way to remember your pledge to meet financial goals. But Alison has more practical ideas. ISTOCK

Don't succumb to New Year's resolution failure

Planning. If you want to meet your financial goals in 2014, start by following these steps

YOUR MONEY
Alison Griffiths
money@metronews.ca

Nearly half of us promise to be better human beings in the New Year. And according to statistics gathered for the Journal of Clinical Psychology, resolutions about money are number three behind losing weight and getting organized.

Sadly, only about eight per cent of us are able to stick to any kind of vow. One solution is to set 12 small, achievable monthly goals. Since resolution failure rises dramatically after a month, this raises the odds of success.

Otherwise, follow my five steps to becoming a New Year's resolution winner.

Keep it simple
To me this is the cardinal rule of financial management and it's especially true of resolutions. Have just one or two vows and a clear pathway to achieve them. The more resolutions you have and the more complex they are, the more likely they'll end up on the discard pile of good intentions.

Track it
If your goal is to save $2,000, create a physical representation of it, such as a thermometer on the fridge door. As you attain incremental stages colour it in, à la United Way fundraisers, until the goal is reached. Hokey, but it works. En route you'll find that tracking your progress is intrinsically rewarding.

Think it through
If your resolution is to brown bag it daily instead of hitting the food court, have a plan. You'll need to shop on the weekend, develop a list of menu ideas and perhaps share the lunch-making load with a family member. I know two colleagues who take weekly turns making each other's lunch. And when I worked at the CBC, brown bag lunch ideas were posted on the bulletin board.

Look for support
Bring a friend or family member onboard to provide encouragement. This is enormously helpful if you have given yourself a difficult task or one that involves a big lifestyle change.

Reward yourself!
Any change, especially if it involves discipline or self-denial, can turn into a real grind. Break the big goal into smaller steps and give yourself a reward when you achieve each one. Happy New Year, everyone — 2014 is going to be a good one, I'm sure.

Usage-based insurance in Canada?
What the Beep!
Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.
Find out what you could be paying and put more money in your pocket. Compare the car insurance market - all in one place.
Get a free quote today!
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The woman behind the makeup wand

Beauty and the business. She's putting her gift of glam to use and helping females put their best face forward

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: BlushPretty

What: An independent makeup studio

Where: 777 Richmond St., Toronto

Philosophy: "Networking and building effective business relationships is a two-way street! I'm always more open to work with and help people who give as much as they take."

Stephanie Daga has turned looking beautiful into a full-time business.

The woman who feels just as comfortable wielding a blush brush as applying fake lashes has seen her studio grow from just herself to overseeing a team of 15 in the last few years.

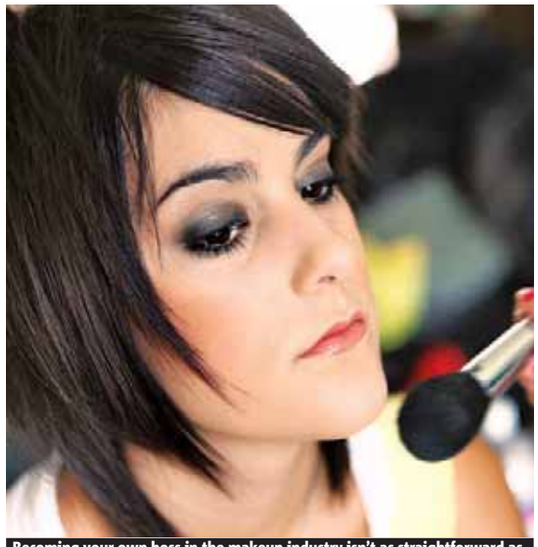
But it wasn't always easy for Daga. She created her success and built the well-respected BlushPretty brand through trial and error and by working non-stop early on.

"I really had no one to guide me through business — yes, I managed to reach out to a few people but back then social media sites like Twitter and Facebook hadn't hit their full stride yet as vehicles to grow your business."

"Needless to say, I made plenty of mistakes. Nowadays, things come easier, I don't think I have many problems outside the normal business ones."

E-laborate

• To see a step-by-step video on how you can get your New Year's Eve look from Stephanie Daga go to metronews.ca/mom-and-pop-shops



Becoming your own boss in the makeup industry isn't as straightforward as the sweep of a blush brush. ISTOCK

Now the woman who never gave up has become a success and has expanded her services to not only provide hair and makeup, but also skin treatments and lash extensions.

Everyone from blushing brides to clients looking for the perfect 'do' for their night out pass through her studio. It's a job she always knew she'd end up doing since her school days, a time when she could always be found slathering creams on her face and wielding a Lip Smacker or a Toast of New York lipstick. "Always experimenting and going overboard" helped her see the possibilities that existed for makeup artists.

Stephanie Daga. CONTRIBUTED

Despite her success, her biggest achievement is her family... and being able to be her own boss. "Definitely managing my own schedule to be able to be home with my three kids and being able to offer guidance and assistance to my team as they launch their careers."

New Year's makeup tips

What tips for New Year's makeup/hair styles would you suggest?

- **Avoid a tight bun or similar restrictive style:** Think more like a pony-tail full of shine with volume at the crown. Most people plan to dance and party the night away during NYE ... so I feel the best thing you can do for yourself is to have your hair neat and up!
- **Try dramatic eyes:** For makeup, NYE is the perfect time for a smoky eye in a colour other than black and highlighter on the cheeks.
- **Avoid lipstick and try gloss or stains:** You don't want to have to worry about reapplying lipstick every time you have a drink or in anticipation of the big kiss when the clock strikes midnight.

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Michael Schumacher

F1 great placed in a medically induced coma

Doctors offered a grim assessment of Michael Schumacher's head injuries Monday, providing no prognosis for the Formula One driving great after his skiing accident in the French Alps.

Schumacher has been placed in a medically induced coma to relieve pressure on his brain, which suffered bruising and bleeding when the retired seven-time world champion fell and hit the right side of his head on a rock Sunday while skiing during a family vacation in the French Alpine resort of Meribel. THE ASSOCIATED PRESS

NFL

Sacked: 5 head coaches canned

It didn't take long.

Barely 12 hours after the NFL's regular season ended, five head coaches were unemployed. Fired on Monday were Washington's Mike Shanahan, Detroit's Jim Schwartz, Minnesota's Leslie Frazier and Tampa Bay's Greg Schiano.

The Cleveland Browns didn't even wait that long, dismissing Rob Chudzinski on Sunday night after just one season on the job.

Tampa Bay also fired general manager Mark Dominik.

Whoever gets hired in each place will face mammoth rebuilding projects; overall, the six teams seeking new coaches went 24-71-1. THE ASSOCIATED PRESS

AHL

Marlies winners at Comerica Park

Spencer Abbott and Greg McKegg scored shootout goals to lift the Toronto Marlies to a 4-3 victory over the Grand Rapids Griffins on Monday in an AHL outdoor game in front of 20,337 in Detroit. THE ASSOCIATED PRESS

Cold war alone won't fuel fire in Leafs-Wings rivalry

NHL. Without many recent matchups, Toronto and Detroit lack animosity between old divisional foes

David Clarkson watched the Toronto Maple Leafs-Detroit Red Wings rivalry closely while growing up.

He was nine years old when they played in the 1993 playoffs and a teenager when Brendan Shanahan, from Clarkson's neighbourhood of Mimico, was traded to Detroit.

Now he has an up-close look after signing with his hometown Leafs.

"They're a team that's close by," Clarkson said of the Red Wings. "Any time you have an organization or a team that's close, you always have that playoff-type feeling."

It was the hope for HBO's 24/7 and the Winter Classic that the Leafs and Red Wings would rekindle their old rivalry now that they're division rivals for the first time since 1998. But it will take more than just an internationally televised regular-season game to drudge up a lot of hostilities between Toronto and Detroit.

"Maybe the 24/7 and maybe the Winter Classic can help with all that," Red Wings coach Mike Babcock said. "To have a rivalry to me, what you do is you meet in the playoffs, you have two really good teams, you have hard series and you build up some animosity for one another. That hasn't been possible."

Forget about the playoffs. It hasn't been possible because until their Dec. 21 meeting at the Air Canada Centre, the Leafs and Red Wings hadn't played a regular-season game against each other since Jan. 7, 2012.

Just over a dozen players remain from that meeting. Clarkson is one of the new participants, but he doesn't think the rivalry has deteriorated of late.

"I don't think from playing each other a ton over the last couple years, I don't think it's gone away," Clarkson said. "I think it's coming back. With them coming back and playing each other more, especially with (the Winter Classic) that's coming up, I think that rivalry's there and it's going to continue to grow and grow over the next couple of years." THE CANADIAN PRESS

The Maple Leafs' Nikolai Kulemin battles the Red Wings' Pavel Datsyuk for the puck in front of Red Wings goalie Jonas Gustavsson at the Air Canada Centre on Dec. 21. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Staying warm

Buds prep for freezing conditions

Maple Leafs goalie Jonathan Bernier will try hot packs in his gloves and skates.

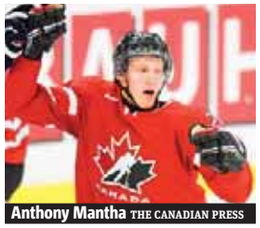
Defenceman Morgan Rielly plans to wear an extra-thick shirt under his jersey.

Coach Randy Carlyle, a native of Sudbury, Ont., joked that he'll be donning a toque — or as some call it, "a block heater."

The Leafs practised Monday at the MasterCard Centre before heading to Ann Arbor, Mich., for the New Year's Day outdoor Winter Classic against the Detroit Red Wings at Michigan Stadium. The forecast: -10 C with up to 15 centimetres of light snow.

From heated benches to special underwear and eye black to cut down on glare, the NHL has options in place. If players or coaches want chicken soup or hot tea, they can have that, too. TORSTAR NEWS SERVICE

Canada rallies to overcome 2-goal deficit



Anthony Mantha THE CANADIAN PRESS

Nothing is easy for this Canadian team at the world junior championships.

Jonathan Drouin redeemed himself after a bad penalty on his first shift by scoring the tying goal and Nic Petan rediscovered his scoring touch in time to get the game-winner and an empty-netter as Canada used a three-goal third period to down Slovakia 5-3 on Monday.

The win left Canada (2-0-1) two points behind the United States (3-0-0) heading into a showdown for first place in the last preliminary-round game for both squads on Tuesday.

They'll need a regulation win to overtake the defending-champion Americans, who eliminated Canada in the semifinals with a 5-1 win at last year's world juniors in Ufa, Russia.

Monday's game was the best played and most rousing of the three Canada has played in Malmo, Sweden, and it certainly brought the mostly Canadian crowd of 2,558 at the Isstadion to its feet as Canada bounced back from penalty trouble and a 3-1 second-period deficit to win.

Zach Fucale made 19 saves for the win in his first start of the tournament.

Anthony Mantha, who had a goal and three assists, and Curtis Lazar rounded out the scoring for Canada. THE CANADIAN PRESS

4 SPORTS

Anthopoulos quiet on pursuit of pitcher

MLB. Jays GM refuses to say how aggressive he's been in courting Japanese ace Tanaka

It's no surprise Alex Anthopoulos isn't big on New Year's resolutions.

Despite last year's splashy, all-in gambles, the Blue Jays' general manager is by nature more inclined to reason and rationality than hopeful flights of fancy.

"If you aren't going to do something on Dec. 30, why would you on Jan. 1?" he says.

So Anthopoulos won't be making any grand pronouncements as he rings in 2014.

At the halfway point of his fifth off-season at the Jays' helm, he remains resolved to acquire a starting pitcher to bolster his weakest link of 2013. However, he's typically tight-lipped on any progress.

He won't say whether or not he has contacted the agent for Masahiro Tanaka, the coveted Japanese right-hander who became a free agent last week when his team, the Rakuten Golden Eagles, agreed to make him available to major-league suitors.

"I have said that we're definitely going to inquire on any free-agent pitchers that are out there," Anthopoulos added vaguely.

So presumably there has been at least some dialogue. But the Jays remain long shots to bag the 25-year-old, who went 24-0 with a 1.27 ERA for the Eagles last season and is easily the top free-agent pitcher available. The New York Yankees, who have reportedly already begun courting Tanaka, are considered front-runners, while the L.A. Dodgers, L.A. Angels and Chicago Cubs are among the other top suitors.

Highly regarded for his impeccable control and devastating splitter, Tanaka, who must sign before 5 p.m. on Jan. 24, is expected to command at least $100 million.

Anthopoulos wouldn't characterize how aggressively the Jays would pursue the pitcher, but acknowledged he's a rare talent.

TORSTAR NEWS SERVICE

Other arms

The market for next-best free-agent starters — Matt Garza, Ubaldo Jimenez and Ervin Santana — has been stalled by Masahiro Tanaka's status.

- Regardless of where Tanaka signs, as soon as the ink dries on his contract, competition for the other starters should ramp up.

Canadian women slumping against their rivals

Team Canada goalie Genevieve Lacasse covers her net against Team USA's Alex Carpenter in the first period on Monday night at Air Canada Centre. Canada fell 3-2 in its last exhibition game against the U.S. before the Winter Olympics. It was the fourth straight loss for Team Canada against the Americans. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Anti-Semitic accusations

Parker pic causes stir in France

San Antonio Spurs guard Tony Parker apologized Monday for a newly surfaced photograph that shows him making the same gesture with anti-Semitic connotations that French soccer star Nicolas Anelka displayed while celebrating a goal over the weekend, creating an uproar in their home country.

The photograph shows Parker and a comedian making a gesture known in France as a "quenelle," which critics describe as an inverted Nazi salute. Parker said in a statement released through the Spurs that the photograph was taken three years ago.

Parker, who was born in Belgium but raised in France, said he didn't know at the time that "it could be in any way offensive or harmful."

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Authority figures may be difficult to get along with today. Make things easier for yourself by refusing to get involved in disputes that serve no purpose.

♉ Taurus
April 21 - May 21
Something will happen today that others think is of mega importance. You, however, can see the situation for what it truly is: just another minor drama in a long line of them.

♊ Gemini
May 22 - June 21
No one expects you to be perfect, so don't expect it of yourself. With Mercury, your ruler, linked to Pluto you may have to hold up your hand and admit that you made a mistake.

♋ Cancer
June 22 - July 23
Stand up for yourself and what you believe in. The only reason some people are willing to oppose you is because you have given them the impression you're weak.

♌ Leo
July 24 - Aug. 23
Try not to get upset about anything today, especially issues that are trivial in the extreme. The planets warn your health could suffer if you get too emotional, so be positive and avoid negative thinking — and negative people.

♍ Virgo
Aug. 24 - Sept. 23
A more assertive attitude is called for and with Mercury, your ruler, linked to power planet Pluto it shouldn't be too hard. But don't take risks with your money.

♎ Libra
Sept. 24 - Oct. 23
The only danger now is that you may overestimate your own strength while underestimating what rivals are capable of — and that's a recipe for disaster.

♏ Scorpio
Oct. 24 - Nov. 22
A little cooperation will go a long way over the next 24 hours, so be ready to put your differences with certain people behind you and look for ways you can work together for your mutual benefit. You don't have to be at odds all the time.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be on a roll and you may think you can do no wrong, but do you really want to risk it? According to the planets if you bet big today you could win big, but you could lose big too.

♑ Capricorn
Dec. 22 - Jan. 20
You've been hugely ambitious of late and with mind planet Mercury joining forces with Pluto in your sign today you will be even more determined to make your mark.

♒ Aquarius
Jan. 21 - Feb. 19
You will be easily provoked today, especially if you think someone is taking liberties at your expense.

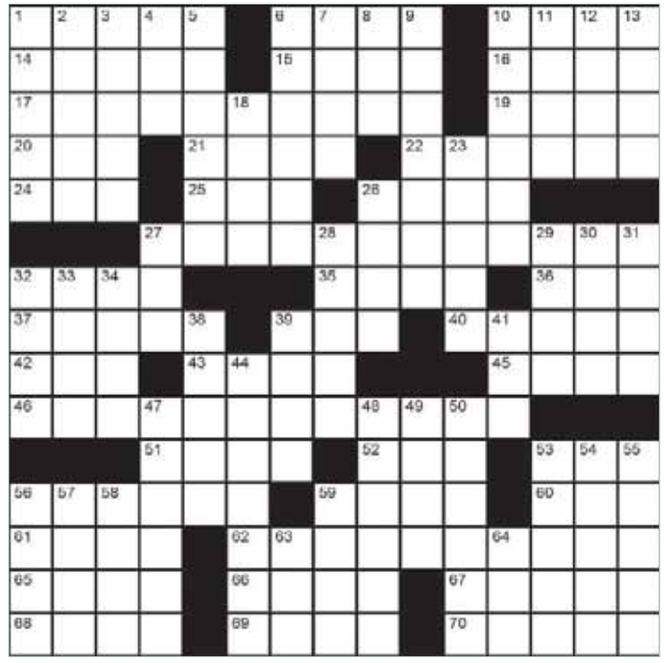
♓ Pisces
Feb. 20 - March 20
Stick to your principles over the next 24 hours, even if you lose out financially. Others can be underhanded and devious of they so wish but you are made of better stuff.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

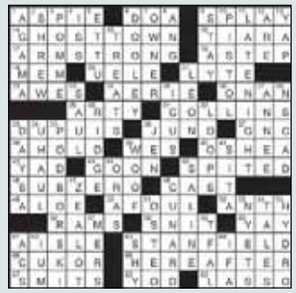
BY KELLY ANN BUCHANAN



Across
1. James Bond, for one
6. To laugh: French
10. Gilligan's rank, First __
14. The Grapes of __ (1940)
15. Catch sight of
16. Islamic leader
17. Figure who relinquishes his duties each New Year's Eve: 2 wds.
19. Machine for weaving
20. Sport-__ (Versatile vehicle)
21. Horsley and Majors
22. Like Peter, Paul & Mary's music
24. Steal My Sunshine group
25. Particular degrees, for short
26. "Don't mention it."
27. From whence to pick hors d'oeuvres: 2 wds.
32. Taj Mahal's site
35. Air freshener brand
36. Eggs, scientifically
37. Somewhat
39. Clammy clay
40. Enthusiastic
42. Mr. Geller
43. Skim over
45. Maintenance
46. New Year's Eve tune: 3 wds.
51. Really
52. Wine classification, Grand __
53. The Beeb
56. Car maker
59. Toolbox item
60. Gloria Estefan song: Here We __
61. Food thickener
62. New Year's Eve bash attendee
65. Dracula (1931) name
66. Mr. Stoltz of movies
67. Barbra Streisand/Ryan O'Neal movie, The Main __ (1979)
68. Search
69. Thin wood strip
70. Notable tales

Down
1. Not exactly the best
2. Shred cheese
3. Consumed
4. Utmost, numbers-wise
5. __ & Louise (1991)
6. Take an exam again
7. Egyptian deity
8. Li'l round rate
9. Sights
10. Type of grain
11. Star Trek episode, __ Time
12. New Mexico's artsy town
13. TV award
18. Bring up
23. Give an address to an audience
26. Potato, fun-style
27. Dancer's step
28. Forever __ by Rod Stewart
29. Robe of ancient Rome
30. At any point
31. Unique
32. Barbie Girl band
33. Expert
34. Stairway feature
38. Refuge for a castaway
39. Lots
41. Feat on the tennis court
44. Kind of candy
47. Czech composer, Antonin __
48. Singe
49. Every 12 months, for short
50. Spice sort
53. Uses the oven
54. Mr. Spiner of Star Trek: The Next Generation
55. Breath mints brand
56. Pop can openings
57. Arch type
58. University for The Clintons
59. England denizen, e.g.
63. Time touchstone
64. Monopoly road type, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	2	9	7	5	6	8	1	4
4	1	6	2	8	9	3	5	7
8	5	7	4	1	3	2	9	6
1	7	3	6	9	5	4	2	8
5	6	2	1	4	8	7	3	9
9	8	4	3	2	7	1	6	5
6	4	5	8	3	1	9	7	2
2	9	1	5	7	4	6	8	3
7	3	8	9	6	2	5	4	1

	7						9	
	5	8		6		1	4	
9			7		5			3
		2	6		3	5		
		7	2		1	3		
8			1		9			6
	6	9		3		4	8	
	4						5	

The power of education makes for more happily ever afters.

Soft Toys for Education is back. For any soft toy or children's book purchased at IKEA between October 27 and January 4, the IKEA Foundation will donate $1 to Save the Children and UNICEF so that more children can go to school.

unicef Save the Children

IKEA

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CHEVROLET

CHEVY'S GIVING MORE

NEW! UP TO $1,000 BOXING WEEK BONUS‡

EXTRA $1,000 HOLIDAY BONUS CASH FOR ELIGIBLE OWNERS¥/¥¥

COMPLIMENTARY OIL CHANGES 2-YEAR/40,000 KM**

SIGN & DRIVE LEASING $0 FIRST MONTH'S PAYMENT. IT'S ON US† $0 DOWN PAYMENT $0 SECURITY DEPOSIT $0 DUE AT DELIVERY

2014 CRUZE LS

PLUS UP TO $500 BOXING WEEK BONUS

CRUZE LTZ SHOWN††

LEASE PAYMENT

$83 @ 0%

BI-WEEKLY FOR 60 MONTHS▼

$0 DOWN PAYMENT. $0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES.

INCLUDES:

- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS
- STABILITRAK®
- BEST-IN-CLASS SAFETY◊ WITH 10 AIRBAGS

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PLUS UP TO $500 BOXING WEEK BONUS

TRAX LTZ SHOWN††

LEASE PAYMENT

$129 @ 1.9%

BI-WEEKLY FOR 48 MONTHS▼

$0 DOWN PAYMENT. $0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES.

INCLUDES:

- TURBOCHARGED ECOTEC ENGINE
- BLUETOOTH® WITH USB
- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS

2014 EQUINOX LS

PLUS UP TO $500 BOXING WEEK BONUS

EQUINOX LTZ FWD SHOWN††

LEASE PAYMENT

$159 @ 0%

BI-WEEKLY FOR 48 MONTHS▼

$0 DOWN PAYMENT. $0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI & LEVIES.

INCLUDES:

- BLUETOOTH® WITH USB
- 6-SPEED AUTOMATIC
- AIR CONDITIONING
- POWER LOCKS WITH REMOTE KEYLESS ENTRY
- POWER WINDOWS
- BEST-IN-CLASS REAR SEAT LEGROOM♠

ALL-NEW 2014 SILVERADO CREW CAB 4X4

PLUS UP TO $1,000 BOXING WEEK BONUS

SILVERADO LTZ CREW CAB 4X4 SHOWN††

LEASE PAYMENT

$189 @ 1.5%

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$0 DOWN PAYMENT. $0 SECURITY DEPOSIT. TAXES NOT INCLUDED. OFFER INCLUDES FREIGHT, PDI, LEVIES & $3,500 CREDIT.*

AVAILABLE:

- MOST FUEL-EFFICIENT V8 IN A PICKUP, BETTER THAN FORD F-150 ECOBOOST V6 (COMBINED)Δ
- MOST POWER IN A PICKUP: 420 HP, 460 LB-FT TORQUE♣
- BEST MAXIMUM TOWING IN ITS CLASS: UP TO 12,000 LBS◇
- HIGHEST POSSIBLE OVERALL VEHICLE SCORE FOR SAFETY – 5 STARS – FROM NHTSA◊

HURRY, OFFERS END JANUARY 2ND.

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR** POWERTRAIN WARRANTY

Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 60/48/48/48/36 month lease for 2014 Chevrolet (Cruze LS 1SA/Trax LS FWD 1SA/Equinox LS FWD 1LS/Traverse LS FWD 1LS/Silverado 1500 Crew Cab 4WD 1WT+G80+B30). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $10,850/$13,446/$16,577/$20,737/$14,772. Option to purchase at lease end is $6,686/$7,915/$11,198/$15,748/$20,304. Excess wear and tear and km charges not included. Other lease options available. ♦$3,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2014 Chevrolet Silverado 1500 Ext. & Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ▼/♦/***Freight & PDI ($1,600/$1,600/$1,600/$1,600/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ♣Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. Δ2014 Silverado 1500 with the available 5.3L EcoTec3 V8 engine equipped with a 6-speed automatic transmission has a fuel consumption rating of 13.0L/100 km city, 8.7L/100 km highway and 11.0L/100 km combined 2WD and 13.3L/100 km city, 9.0L/100 km highway and 11.4L/100/km combined 4WD. Ford F-150 with the 3.5L EcoBoost V6 engine has a fuel consumption rating of 12.9L/100 km city, 9.0L/100 km highway and 11.1L/100 km combined 2WD and 14.1L/100 km city, 9.6L/100 km highway and 12.1L/100 km combined 4WD. Fuel consumption based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Comparison based on wardsauto.com 2013 Large Pickup segment and latest competitive data available. Excludes other GM vehicles. ♣When equipped with available 6.2L EcoTec3 V8 engine (available to order fall 2013). Class is Light-Duty Full-Size Pickups. ◇◇Requires 2WD Double or Crew Cab with available 6.2L EcoTec3 V8 engine and Max Trailering Package. Maximum trailer weight ratios are calculated assuming a base vehicle, except for any option(s) necessary to achieve the rating, plus driver. The weight of other optional equipment, passengers and cargo will reduce the maximum trailer weight your vehicle can tow. Comparison based on wardsauto.com 2013 Light-Duty Large Pickup segment and latest competitive data available. Excludes other GM vehicles. Class is Light-Duty Full-Size Pickups. ◊U.S. government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (safercar.gov). ††2014 Cruze LTZ, MSRP with freight, PDI & levies $28,489. 2014 Trax LTZ FWD, MSRP with freight, PDI & levies $30,089. 2014 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,539. 2014 Traverse LTZ FWD, MSRP with freight, PDI & levies $48,289. 2014 Silverado 1500 LTZ Crew Cab 4WD, MSRP $51,379. Dealers are free to set individual prices. †Offer valid only to eligible retail lessees in Canada who have obtained credit approval by GM Financial, have entered into a lease agreement with GM Financial, and who accept delivery from October 1, 2013 through January 2, 2014 of a new eligible 2014 model. General Motors of Canada will pay the first month's lease payment (inclusive of taxes and any applicable pro-rata amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ¥Offer only valid from December 10, 2013 to January 2, 2014 (the "Program Period") to retail customers resident in Canada who own or are currently leasing a Chevrolet Aveo, Cobalt, Caprice, Cavalier, Cruze, Epica, Impala, Lumina, Malibu, Metro, Monte Carlo, Optra Sonic, Spark, Volt, Saturn Ion, Aura, Astra, L-Series, S-Series, Sky, that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1,000 Holiday Owner Bonus credit towards the lease, purchase or finance of an eligible new 2014 Chevrolet Sonic, Cruze, Malibu or Impala delivered during the Program Period. Eligible retail customers resident in Canada who own or are currently leasing a Chevrolet HHR, Equinox, Tracker, Uplander, Venture, Astro, Lumina APV, Blazer, Traverse, Trailblazer; Saturn Vue, Relay, Outlook; Pontiac Montana/SV6, Transport, Torrent Aztek, Sunrunner; Buick Rendezvous, Terraza, Enclave, Rainier, Oldsmobile Silhouette, Bravada; GMC Safari, Jimmy, Terrain, Acadia or Envoy, that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $1,000 Holiday Bonus Owner credit towards the lease, purchase or finance of an eligible new 2014 Chevrolet Trax, Equinox or Traverse delivered during the program period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ¥¥Offer only valid from December 10, 2013 – January 2, 2013 (the "Program Period") to retail customers resident in Canada who own or are currently leasing (during the Program Period) a GM or competitor pickup truck to receive a $1,000 credit towards the purchase, finance or lease of an eligible new 2014 Model Year Chevrolet Silverado Light Duty, Silverado Heavy Duty, Sierra Light Duty, Sierra Heavy Duty, or Avalanche. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ‡Offer valid from December 10, 2013 to January 2, 2014 (the "Program Period") to retail customers resident in Canada who take delivery of an eligible vehicle during the Program Period. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased or leased: $500 Boxing Day Bonus credit valid on 2014 model year Chevrolet/Buick/GMC/Cadillac cars and crossovers; $1,000 Boxing Day Bonus credit valid on 2014 model year Chevrolet Silverado or GMC Sierra; $1,500 Boxing Day Bonus credit valid any 2013 model year Chevrolet/Buick/GMC/Cadillac vehicle. All products are subject to availability. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional limitations and conditions apply. See your GM dealer for details